

**On Nutrition: by Helayne Waldman, Ed.D., N.E.**

## **Milk it for What it's Worth**

Shortly after finishing up a recent column on soft drinks, I came upon this stunning piece of news from Michele Simon of [informedeating.org](http://informedeating.org):

*“The Indian Supreme Court has ordered a thorough examination of the contents of soft drinks marketed heavily by American rivals, Coca-Cola and PepsiCo, who together control 99 per cent of soft drink sales in India. The court acted in response to a petition by the Center for Public Interest Litigation (CPIL) alleging that the government has not taken action despite research showing that soft drinks are harmful, especially to children. CPIL also requested that the court require soft drink manufacturers to disclose the contents of their products and provide appropriate warnings about ingredients and their harmful effects.”*

Talk about good timing. Now if our own government, whose interests seem to line up just a tad more squarely with those of Coke and Pepsi, would even think about following the lead of India – not to mention Ireland and the UK – in addressing the calamity of junk food marketing to young children -- now that would be something, wouldn't it?

But while we're waiting the long wait, here's something else to sip on. What if the glass of milk you give your children in the morning, or perhaps yourself at night before bed turned out to be one of nature's truly wondrous superfoods? It could be... but I'm not talking about the kind that



comes from the dairy section at Safeway and Albertsons – I'm talking about the kind that comes from cows.

Let's start with the investigations of Dr. Frances Pottenger in the 1940's to help to shed a little light on the arguments surrounding the ubiquitous milk moustache. In his experiments, Dr. Pottenger fed numerous groups of cats either pasteurized milk or raw milk. His results were nothing short of astounding. The "raw milk" cats lived long, uncomplicated lives with virtually no signs of degenerative disease. The "pasteurized" group, on the other hand, suffered from vomiting, diarrhea, and all of the degenerative diseases with which we humans are all too familiar.

But cats aren't human. And hasn't pasteurization saved us from all of those dreadful bacteria like salmonella and listeria?

Examining the actual differences between fresh raw milk from grass fed cows and pasteurized, homogenized milk is revealing. For starters, raw milk is a vibrant, living food, filled with vitamins, minerals, enzymes, natural antibodies and beneficial bacteria that actually protect it from

bacterial contamination. In fact, from public health data tracked in California between 1958 and 1999, we find absolutely no instance of outbreak of disease caused by the ingestion of raw milk, though we do note a 1985 outbreak of Salmonella carried by *pasteurized* milk in Illinois that struck 14,316 people.

What's more, we know that the enzyme lactase, required to digest the lactose in milk, is destroyed when the milk is heated to a temperature of 145 degrees during pasteurization. Many so-called "lactose intolerant" people have indeed gone on to thrive when they've switched to enzyme- rich raw milk.

Unfortunately, not only are enzymes destroyed in the pasteurization process, but the amino acids lysine and tyrosine are denatured by the high heat, as are 10 essential unsaturated fatty acids. The loss of Vitamins A, C, D and calcium weighs in somewhere between 38 and 50%, conservatively speaking. And the enzyme lipase found in raw milk but destroyed by pasteurization, helps the body digest and utilize its butterfat, which in turn facilitates both calcium and Vitamin D absorption. Perhaps this helps explain why even the most voracious milk drinkers often end up becoming new statistics in the growing epidemic of osteoporosis.

Though space prevents me from extolling the many other virtues of raw milk and the problems with pasteurization, here's a final, sobering thought consider. Today's "factory farmed" cows have been bred to produce three

times as much milk as Elsie, the friendly cow we remember from days of yore. To keep their growth rate excessive, these new fangled cows are fed fattening grains rather than grass, bovine growth hormone to pump up milk production, and a dazzling array of drugs and antibiotics to counteract the diseases borne of such aggressive practices. No wonder their milk puts a strain on our digestive, cardiovascular and respiratory systems. On the other hand, when you drink the milk of cows who eat a diet of grass – the one that is natural to them - you don't get antibiotics or bovine growth hormone. But you do get:

- Conjugated linoleic acid (CLA) concentrations that

are about 500% higher than grain fed cows

- Twice the Omega 3 fatty acids than that of grain fed cows

CLA, as you may know, is a potent agent for weight loss, while Omega 3 fatty acids are beneficial for a staggering array of conditions, including cholesterol and blood pressure control, brain health, and chronic inflammation.

The implications here are more profound than might first meet the eye. Put simply, processed, dead foods simply do not support a healthy life or a healthy society. Or as Dr. Thomas Cowan of New Hampshire opines more eloquently, "I encourage, insist

and even beg people to eat real foods no matter what the problem.... So, find a cow, find a farmer... and start your return to good health."

For further information try  
[www.realmilk.com](http://www.realmilk.com)

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